



What is Cognitive Deconstruction?

Cognitive deconstruction is the removal of rationality from consciousness. It is dehumanizing, hateful, or disengendering language made to exhaust one's mental defenses. It is made to overload your brain and make it weak. Protect yourself!

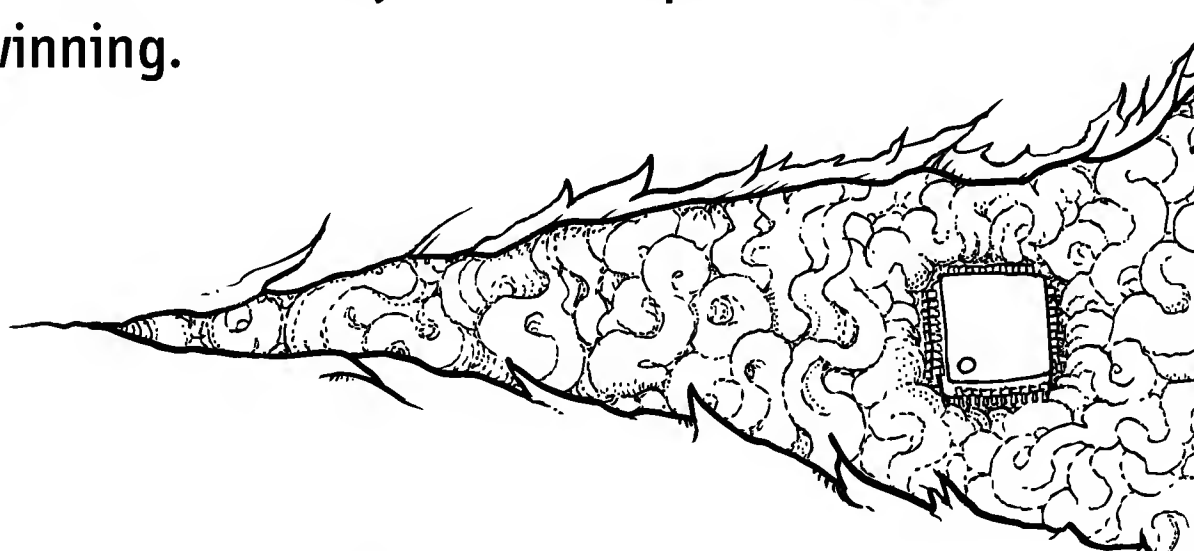
Cognitive Immediacy

Thinking in the now way too much? What happened when you lose focus and respond to things too quickly? The past and the future should be on your mind, not just the now. Without thinking of these you may endanger yourself or others. If your sense of time is slowing down because you only see the short-term you could be in trouble.



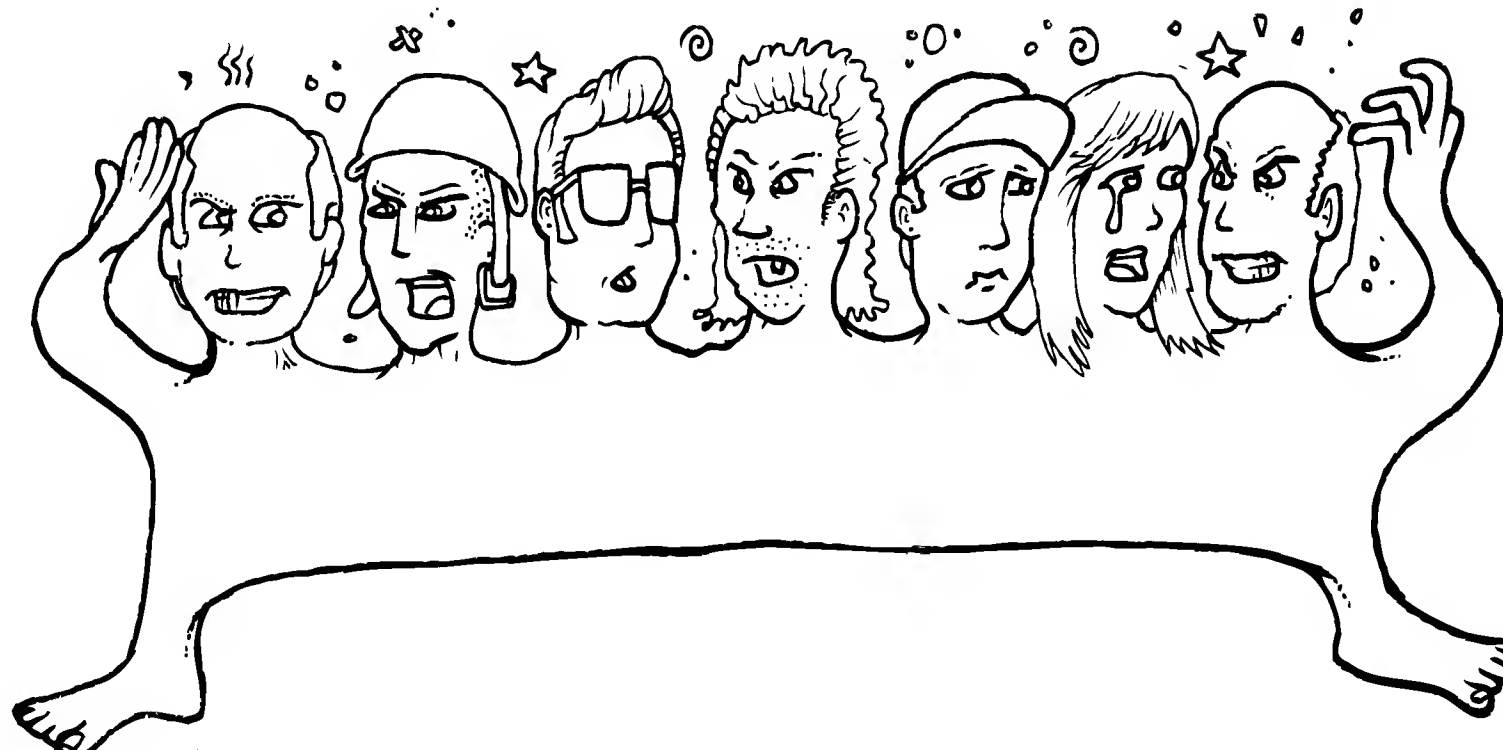
Disinhibition

Having rules you abide by and having healthy restrictions that guide your behavior is a good thing. If you've been deconstructed your awareness has been reduced. Your internal standards aren't there anymore and you lapse into an unhealthy state of expression. Not winning.



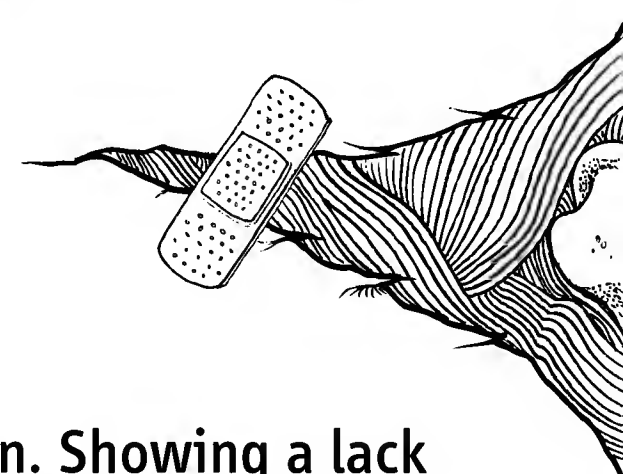
Closemindedness

Avoiding creative thinking and new ideas can be dangerous. When you don't want to take the time to interpret things your mind relies on concrete ideas and specific ways of thinking. This can weaken your ability to think flexibly and lead to narrow stereotyping.



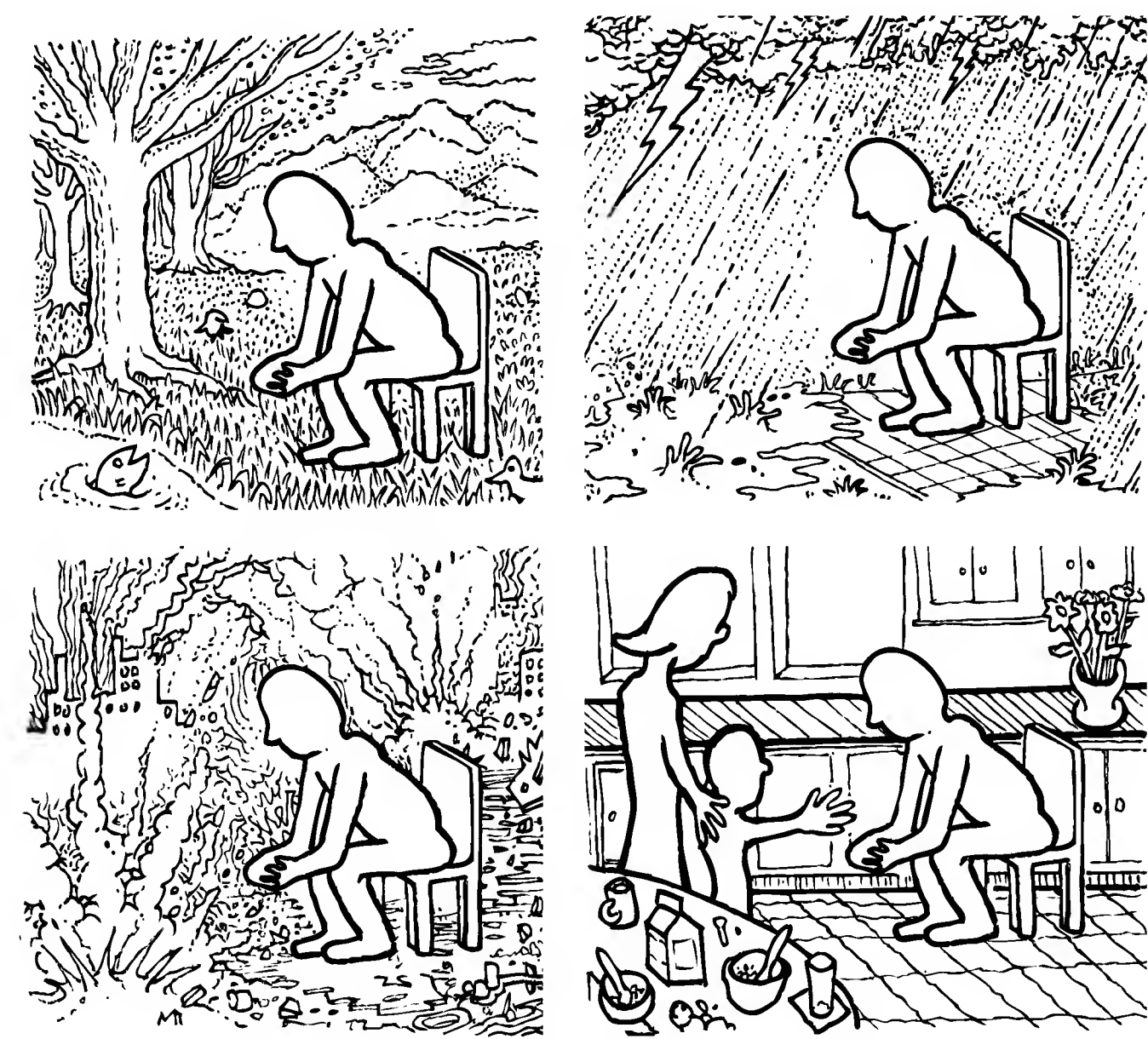
Inconsistencies

Your identity makes you who you are. How you feel about things and your principles makes you the person you've become. Being deconstructed you lose the ability to spot out of place behavior. You could take on unhealthy roles and forget good ones. Be aware of your own behavior so not to get confused and controlled.



Procedure Orientation

Obsession with measuring and things being in order can be a sign of deconstruction. Tasks that require more complex thought, like considering future outcomes, become lost. Only thinking of the task and not the outcome is unhealthy and can be destructive. Be aware if you or someone you know is focusing too heavily on procedures rather than taking a clear look at what they are doing.



Emotion

Emotions make us human. Showing a lack of emotional responses may be a sign of cognitive deconstruction. Everyone gets a little numb to life now and then but to shut down and escape from emotion leaves your defenses down. This is a rejection of meaning and is a negative way to defend yourself by emotionally isolating.

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Passivity & Impulsivity

Paying no attention to meaningful thought and detaching from reality can be dangerous. One can shroud themselves and forget what others do. Without meaning in life you can become aimless and automatic. This can lead to being impulsive. Automatically making decisions with no thoughts you can be easily controlled.

Cognitive Vulnerability

A mind that is deconstructed is exposed and vulnerable to outside influences. Without the presence of meaning a person can lapse into a fantasy like state. Not a good one but a fake reality where any appealing structure that is different from the previous world is easily adopted and unquestioned.

